

## ABSTRACT OF THE DISCLOSURE

In an apparatus for recording and reproducing a burst-like digital information signal, a method capable of predicting the time of occurrence of a header indicating the head of the first data of a digital information signal during its reproduction from a recording medium. The digital signal includes a plurality of data blocks each including a header indicative of the head of the block, and each header includes the address of the block. During recording of the digital signal on the recording medium, a plurality of headers which are substantially the same as the headers of the data blocks and including addresses having given relations with the addresses of the data blocks are inserted in a clock regenerating signal recorded before the digital signal for regenerating the clocks for the signal. The headers are inserted at a period equal to the length of each data block so as to be synchronized with the headers of the data blocks.